

## Important Telephone Numbers

Doctor(s)

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Pharmacy

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- ✓ Keep an up-to-date personal medications record.
- ✓ Go to one pharmacy only.
- ✓ Know how and when to take your medications.
- ✓ Tell your doctor and pharmacist about any side effects from your medications.
- ✓ Store your medications in a cool, dry place and out of reach of children.
- ✓ Do not share your medications.
- ✓ Do not transfer or mix your medications into other containers.
- ✓ Ask questions—talk to your doctor and pharmacist.

## Did you know?

- Up to 40 per cent of all medications are taken incorrectly.
- Problems with medications account for up to 25 per cent of emergency admissions of persons over the age of 50.
- Some foods, drinks including alcohol, vitamins and minerals, and herbal remedies when taken together with certain medications could cause serious harm to your health.

Brought to you in partnership with the  
Ontario Pharmacists' Association.  
[www.opatoday.com/public/seniors.asp](http://www.opatoday.com/public/seniors.asp)



For more information about programs  
for seniors in Ontario call the InfoLine at

1-888-910-1999 (TTY 1-800-387-5559)

or visit the Web site  
[www.gov.on.ca/mczcr/seniors](http://www.gov.on.ca/mczcr/seniors)

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# Seniors and Medications

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# Seniors and Medications

## Here are some facts

- Medications are more than the drugs a doctor prescribes. They include over-the-counter medicines, vitamins and minerals, and herbal remedies.
- Medications are not to be shared—what helps one person may harm another.
- Use your medications as directed. If you miss a dose, talk to your doctor or pharmacist.
- Patients' records are confidential and are not shared among pharmacies. If you go to several pharmacies to get your prescriptions filled, your record at each pharmacy will be incomplete.

## Here are some suggestions

- Keep an up-to-date record of medications, allergies, illnesses, and any other information related to your health as a reference guide when you meet with your doctor(s) and pharmacist.
- Learn the name and purpose of each medication you are taking and review them with your pharmacist.
- Be clear on how and when to take medications. Medications affect each person differently.
- Be sure to complete antibiotic prescriptions—don't stop when your symptoms first improve.
- Get your prescriptions filled at one pharmacy only. Your pharmacist keeps an up-to-date record of all the medications you are taking.
- Tell your doctor and pharmacist immediately if you experience new or unexpected side effects from any of your medications.
- Store medications in a cool, dry place, away from direct sunlight unless otherwise directed. Keep medications out of reach of children.
- Do not transfer or mix medications into other containers. If you wish to arrange medications into a pill organizer, please ask your pharmacist for advice.
- Ask questions—your doctor and pharmacist are there to assist you!

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